

Norman Optimist Club Flag Football (Exceptions to the N.F.F.L. Rules)

- Field Size:** 1st/2nd = 80 yards, 3rd / 4th = 80 yards
Field: Shall be divided into 8 yard playing zones + 10 yard end zones.
Ball: 1st / 2nd = Pee Wee, 3rd / 4th = Pee Wee
Flags: ***DO NOT ALTER ISSUED FLAGS!! ONLY ISSUED FLAGS ARE TO BE USED.***
Periods: 1st, 2nd & 3rd Qtr. = 10 Min + 8:00 4th Qtr. w/ 7-Play Rule in effect (4th Qtr. only)
Huddle Time: 30 Seconds
Scoring: TD = 6pts, PAT from 3yrd line = 1 pt for run, 2pt for pass
PAT from 10 yd line = 2 pts for run or pass
- Players to
Begin Game:** Minimum of 5 (we play 8 on 8)

Participation

- Rules:** Player who starts the quarter must play the entire quarter. No player may play more than 1 quarter ***MORE*** than any other player. (Example: if any player plays 4 quarters, then all other players must have played at least 3 quarters). No player may quarterback more than 3 quarters. Injured players may return that quarter or trade quarters (coach's choice). Players who miss practice may play only 1 quarter in the next game (coach's choice).

Free

- Substitution:** Coaches may substitute freely in the 4th qtr. if either team is 17 points or more ahead.

- Rushers:** Only 2 players may rush across the LOS (line of scrimmage) on any down (only the original 2). After the ball has been passed forward or after the ball crosses the LOS, any player may rush across the LOS.

- Passing:** 1st / 2nd Must pass the ball forward on the 1st or 2nd down!
There is no rule for passing in 3rd / 4th

- Punting:** On 4th down, 1st / 2nd may either punt or choose to have the ball moved forward 20 yards in place of their punt, 1st down for other team. 3rd / 4th must declare punt and player punt the ball. (No two line method used)

- The Snap:** The ball must be snapped from the Official's Ball Marker and must be snapped between center's legs and continuous to the receiver of the ball.

Practices /

- Games:** Coaches, please no more than 3 activities (practices or games) per week, after your game schedule begins.

Coaches in

- Huddle:** (Coaches, don't wear the same color top as your players, because it confuses your opponents quarterback on passing plays.)
1st / 2nd = 2 Coaches / team on the field and in the huddle
3rd / 4th = 1 Coach / team on the field and in the huddle.

Coaches, from time to time, when other exceptions to the adult N.F.F.L. Rules need to be made, they will be posted at the field on the Coach's Information Board.